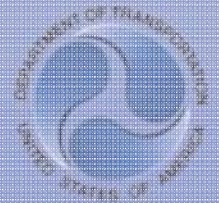




The FMCSA Medical Program: What's New in Commercial Driver Medical Certification Professional Driver Meeting

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Welcome

Mary D. Gunnels, Ph.D., M.S.
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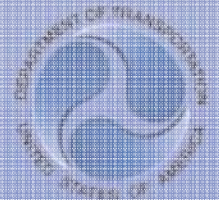
Introduction to the FMCSA Medical Program

Benisse Lester, M.D.
Chief Medical Officer
Office of Medical Programs
Federal Motor Carrier Safety Administration
U.S. Department of Transportation
Washington, D.C., USA



U.S. DOT Mission

**Serve the United States by ensuring
a fast, safe, efficient, accessible
and convenient transportation system that
meets our vital national interests
and enhances the quality of life of
the American people, today and
into the future.**



FMCSA Mission

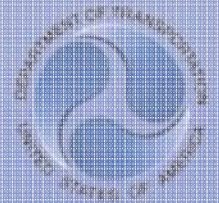


The Federal Motor Carrier Safety Administration is focused on reducing crashes, injuries, and fatalities involving large trucks and buses.



Office of Medical Programs Mission

The mission of the Office of Medical Programs is to promote the safety of America's roadways through the promulgation and implementation of medical regulations, guidelines and policies that ensure commercial motor vehicle drivers engaged in interstate commerce are physically qualified to do so.



Office of Medical Programs Vision Statement

All bus and truck drivers are healthy, safe and medically fit to drive. Everyone – drivers, medical examiners, bus and truck companies and the public – understands and values the importance of driver health and wellness, and our safety regulations, policies and programs.



What We Do and Why We Do It



Commercial and Bus Driver Demographics, DOL (2010)

Occupational Title	SOC Code	Employment, 2008	Projected Employment, 2018	Change, 2008-18	
				Number	Percent
Driver/sales workers and truck drivers	53-3030	3,189,300	3,481,200	291,900	9
Driver/sales workers	53-3031	406,400	424,100	17,700	4
Truck drivers, heavy and tractor-trailer	53-3032	1,798,400	2,031,300	232,900	13
Truck drivers, light or delivery services	53-3033	984,500	1,025,900	41,400	4

Occupational Title	SOC Code	Employment, 2008	Projected Employment, 2018	Change, 2008-18	
				Number	Percent
Bus drivers	53-3020	647,500	691,400	43,900	7
Bus drivers, transit and intercity	53-3021	193,900	209,900	16,000	8
Bus drivers, school	53-3022	453,600	481,500	27,900	6

Example: Haddon Matrix

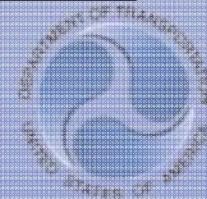
	Human	Vehicle/Equipment	Physical Environment	Social/Economic
Pre-Crash	Poor vision or reaction time, alcohol, speeding, risk taking	Failed brakes, missing lights, lack of warning systems	Narrow shoulders, ill-timed signals	Cultural norms permitting speeding, red light running, DUI
Crash	Failure to wear seat belt	Malfunctioning seat belts, poorly engineered air bags	Poorly designed guardrails	Lack of vehicle design regulation
Post-Crash	High susceptibility, alcohol	Poorly designed fuel tanks	Poor emergency communication systems	Lack of support for EMS and trauma systems



FMCSA Large Truck Crash Causation Study (2007)

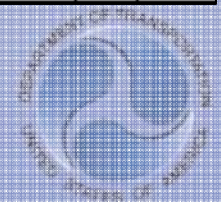
Estimated Numbers of Trucks in All Crashes, by Critical Reasons

Critical Reasons	Number of Trucks	Percent of Total
Driver	68,000	87%
Non-Performance	9,000	12%
Recognition	22,000	28%
Decision	30,000	38%
Performance	7,000	9%
Vehicle	8,000	10%
Environment	2,000	3%
Total Number of Large Trucks Coded with Critical Reason	78,000	100%
Total Number of Large Trucks Not Coded with Critical Reason	63,000	—
Total Number of Large Trucks Involved in Crashes	141,000	—



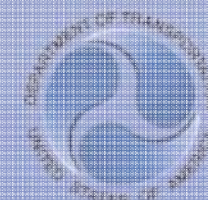
Large Truck Crash Statistics

Year	Fatal Crashes	Vehicles Involved	Occupant Fatalities	Total Fatalities	Million Vehicle Miles Traveled	Crashes per 100 Million Vehicle Miles Traveled	Involved in Fatal Crashes per 100 Million Vehicle	Fatalities per 100 Million Vehicle Miles Traveled	Large Trucks Registered
1993	4,101	4,328	605	4,856	159,888	2.56	2.71	3.04	6,088,155
1994	4,373	4,644	670	5,144	170,216	2.57	2.73	3.02	6,587,885
1995	4,194	4,472	648	4,918	178,156	2.35	2.51	2.76	6,719,421
1996	4,413	4,755	621	5,142	182,971	2.41	2.60	2.81	7,012,615
1997	4,614	4,917	723	5,398	191,477	2.41	2.57	2.82	7,083,326
1998	4,579	4,955	742	5,395	196,380	2.33	2.52	2.75	7,732,270
1999	4,560	4,920	759	5,380	202,688	2.25	2.43	2.65	7,791,426
2000	4,573	4,995	754	5,282	205,520	2.23	2.43	2.57	8,022,649
2001	4,451	4,823	708	5,111	209,032	2.13	2.31	2.45	7,857,675
2002	4,224	4,587	689	4,939	214,603	1.97	2.14	2.30	7,927,280
2003	4,335	4,721	726	5,036	217,917	1.99	2.17	2.31	7,756,888
2004	4,478	4,902	766	5,235	220,811	2.03	2.22	2.37	8,171,364
2005	4,551	4,951	804	5,240	222,523	2.05	2.22	2.35	8,481,999
2006	4,350	4,766	805	5,027	222,513	1.95	2.14	2.26	8,819,007
2007	4,204	4,633	805	4,822	227,060	1.85	2.04	2.12	9,027,624
2008	3,733	4,066	677	4,229	227,458	1.64	1.79	1.86	9,006,738



Bus Fatal Crash Statistics

Year	Fatal Crashes	Vehicles Involved	Occupant Fatalities	Total Fatalities	Million Vehicle Miles Traveled	Fatal Crashes per 100 Million Vehicle Miles Traveled	Vehicles Involved in Fatal Crashes per 100 Million Vehicle Miles Traveled	Fatalities per 100 Million Vehicle Miles Traveled	Buses Registered
1993	262	263	18	286	6,125	4.28	4.29	4.67	654,432
1994	256	258	18	286	6,409	3.99	4.03	4.46	670,423
1995	271	271	33	311	6,420	4.22	4.22	4.84	685,503
1996	324	326	21	367	6,563	4.94	4.97	5.59	694,781
1997	295	297	18	339	6,842	4.31	4.34	4.95	697,548
1998	288	289	38	329	7,007	4.11	4.12	4.70	715,540
1999	313	319	59	373	7,662	4.09	4.16	4.87	728,777
2000	323	325	22	357	7,590	4.26	4.28	4.70	746,125
2001	289	292	34	331	7,077	4.08	4.13	4.68	749,548
2002	274	274	45	331	6,845	4.00	4.00	4.84	760,717
2003	288	291	41	337	6,783	4.25	4.29	4.97	776,550
2004	276	279	42	315	6,801	4.06	4.10	4.63	795,274
2005	278	280	58	340	6,980	3.98	4.01	4.87	807,053
2006	303	305	27	337	6,783	4.47	4.50	4.97	821,959
2007	280	281	36	325	6,980	4.01	4.03	4.66	834,436
2008	247	247	67	307	7,114	3.47	3.47	4.32	843,308



Federal vs. State Regulations

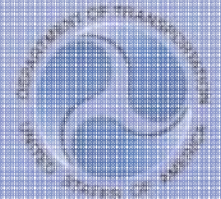
Federal Motor Carrier Safety Regulations

Regulate:

- Interstate commercial operations
- Truck and bus drivers
- Trucks and buses
- Motor carriers
- Transportation of hazardous materials requiring placards

Medical examiners are responsible for knowing:

- Physical and mental demands of commercial driving
- Federal regulations, including guidance
- Use of medical protocols



Federal vs. State Regulations

State Regulations

Regulate:

- **Intrastate commerce**
- **CMV drivers who are not subject to Federal regulations**

Medical examiners are responsible for knowing:

- **Driver regulations for the State or States in which they practice**



Medical Fitness for Duty Examination Elements

- **Evaluate work capacity (mental and physical) and delineate workplace restrictions**
- **Assess workplace demands (mental and physical) and essential functions of the job**
- **Ascertain ability to perform the essential functions of the job with, or without, accommodations**
- **Determine the presence or absence of a permanent impairment that substantially limits one or more major life activities**



Why Your Medical Exam is Important for Public Safety

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U.S. Department of Transportation
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Purpose of the Examination

“The purpose of this examination is to determine a driver's physical qualification to operate a commercial motor vehicle (CMV) in interstate commerce according to the requirements in 49 CFR 391.41-49.” *

**The purpose of the examination
is PUBLIC SAFETY.**

*** Medical Examination Report Form**



Elements Considered by the Medical Examiner



1. **Driver information**
2. **Health history**
3. **Vision**
4. **Hearing**
5. **Blood pressure/pulse rate**
6. **Laboratory and other test findings**
7. **Physical examination**
8. **Medical Examiner reviews applicable elements from steps 1-7 to render certification decision**



Truck and Bus Driver Statistics



- **7 million active interstate drivers**
- **3-4 million examinations annually**
- **14 Million CDL holders (2010)**



Examination Frequency

- **Medical certificate is valid for 2 years, at a maximum**

Exceptions:

- **Hypertension (high blood pressure) stable on treatment: 1 year**
- **Heart disease: 1 year**
- **New insulin and vision exemption program: 1 year**
- **Driving in exempt intra-city zone: 1 year**
- **Determination by medical examiner that condition requires more frequent monitoring, such as diabetes mellitus or sleep disorders**



Who are the Medical Examiners?



Medical examiners are:

- **Medical professionals who make medical determinations based on FMCSA regulations and guidance**
- **Licensed, certified, and/or registered in their State**

Includes, but not limited to:

- **Doctors of medicine and osteopathy**
- **Physician assistants**
- **Advanced practice nurses**
- **Chiropractors**



Where Can I Find a Medical Examiner?



- **Your Company**
- **Occupational medicine clinics (e.g., Concentra)**
- **University or academic medical centers**
- **Roadside Medical (new!)**



Medical Examiner Responsibilities



- **Knowledgeable about:**
 - **Physical and mental demands of CMV driver job duties**
 - **FMCSA regulations, including guidance**
- **Use of medical protocols**



Importance of Driver Medical Examinations



- **Ensure all bus and truck drivers are healthy, safe, and medically fit to perform their job duties**
- **Reduce crashes, injuries, and fatalities involving large trucks and buses**



In the Future, How Do I Find a Medical Examiner in My State?

You can easily find certified medical examiners in your area—or anywhere in the country—by following these steps:

- **Go to the National Registry Web site at www.nrcme.fmcsa.dot.gov.**
 - **Click on the map of the U.S. to bring up a list of certified medical examiners in your area**
 - **Or search by zip code, State, or the name of an examiner**
- **Choose a certified medical examiner from the list and call to make an appointment**



Driver Health: What's New for You?

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Did You Know?



- **Heart disease and stroke account for more than 40% of all deaths each year**
- **More than 64% of adult Americans are overweight or obese**
- **Currently, 24 million Americans have diabetes**



Did You Know?

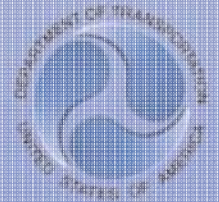


- **Cancer is the second leading cause of death in the U. S. (500,000 Americans die each year)**
- **More than 31 million adult Americans have diagnosed asthma**



Leading Causes of Death in the U.S.A.

- **Heart disease: 616,067**
- **Cancer: 562,875**
- **Stroke (cerebrovascular diseases): 135,952**
- **Chronic lower respiratory diseases: 127,924**
- **Accidents (unintentional injuries): 123,706**
- **Alzheimer's disease: 74,632**
- **Diabetes: 71,382**
- **Influenza and pneumonia: 52,717**
- **Nephritis, nephrotic syndrome, and nephrosis: 46,448**
- **Septicemia: 34,828**



Health Risks for Commercial Drivers

- **Poor health habits (obesity, smoking, lack of exercise)**
- **Injuries (from loading and unloading heavy cargo)**
- **Fatigue (sleep disorders, sleep loss, irregular work hours)**
- **Driver-specific illnesses (work-related environmental exposure such as diesel exhaust and continuous noise)**
- **Vascular issues (from sitting for long periods)**
- **Back pain (from heavy lifting and sitting)**



Health Challenges for You



- **Away from home for long periods**
- **Constrained position**
- **Irregular/prolonged hours**
- **Lack of regular exercise**



Health Challenges for You



- **Difficult to find healthy food**
- **Schedule changes and rotating work schedules**
- **Vehicle noise, vibration, and extremes in temperature**
- **Sustained mental alertness**



Benefits of Good Health



- **Improve:**
 - The way you feel
 - Life expectancy
 - Your energy level
 - Your self-confidence
 - Outward appearance
 - Mental outlook
- **Reduce:**
 - Disease and illness
 - Injury
 - Medical costs



Great Resources for Your Health

Nutrition.gov

www.nutrition.gov

**Your gateway to reliable information on nutrition,
healthy eating, physical activity, and food safety.**

Healthy People 2010

www.healthypeople.gov

Make better choices for a healthy lifestyle.

Healthfinder.gov

www.healthfinder.gov

**Find information and tools to help you
and those you care about stay healthy.**



For More Information, Contact Us

Office of Medical Programs

E-mail: fmcsamedical@dot.gov

National Registry of Certified Medical Examiners

E-mail: contactnrcme@dot.gov

**Your Health
Is Important**





Questions?

